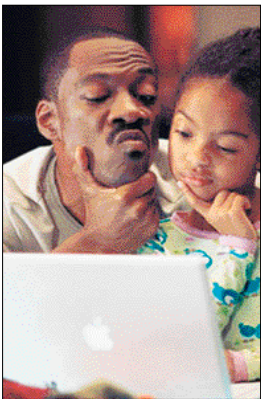


## Inside



Eddie Murphy stars in the film 'Imagine That' playing at the base theater this week **B4**

## Education

**Free SAT/ACT test prep software to military** — In honor of America's military families, eKnowledge Corporation has made a generous \$25 million donation to supply free SAT/ACT test prep software worth \$200 to active duty, reserve, retired, guard, and their families. Eligible recipients may order software online at [www.eKnowledge.com/military](http://www.eKnowledge.com/military). For more information please contact Lori Caputo at 770-992-0900 or at [LoriCaputo@eKnowledge.com](mailto:LoriCaputo@eKnowledge.com).

**POST 9/11 GI bill Yellow Ribbon Program** — Hawai'i Pacific University is officially a participant of the VA Yellow Ribbon Program. Program details can be found at [www.hpu.edu](http://www.hpu.edu) under Military Campus Programs, or stop by our office in Hangar 2. POC is Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil).

**Spouse Tuition Assistance Program (STAP)** — Spouses of active duty Air Force members may be eligible for STAP funds to go to college. Applications will be accepted from 6 Jul to 24 Jul 2009 for classes with a term start date of Aug/Sep 2009. Applications are available in Hangar 2, Rm 103 or online <http://www2.hickam.af.mil/units/15mssaafrf/index.asp> under Air Force Aid Society. Any questions, contact the Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil).

**PME enrollment validation** — Validation for 14 (SNCOA DL), 20 (SOS DL) and firefighter CDCs is INOPERATIVE. E-mail [auccampus-support@maxwell.af.mil](mailto:auccampus-support@maxwell.af.mil) to request validation. Include your name, last 4 of SSN and number & title of your course. You will receive an e-mail reply upon completion of course validation. Create an account within AU online at <https://au.csd.disa.mil> if not already done. Email [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil) if you need to get scheduled for a test.

**PME test schedule** — SNCOA, SOS, ACSC, AWC (multiple choice exams only) will be offered on Tuesday and Wednesday at 0800 and 1300. AWC essay exams are administered on Mon at 0800 & Thur 1300. Contact the Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil) to get scheduled. Provide your name, SSN, PME course, and requested test date/time in your e-mail.

## To Honor With Dignity



Story and photos by Chris Aguinaldo  
Hickam Kukini editor

HICKAM AIR FORCE BASE — New members of the Hickam AFB Honor Guard proudly displayed their training last week at their graduation luncheon at the Daedalian Room.

"You are part of a great organization," said guest speaker and acting 15th Airlift Wing Command Chief Master Sgt. Rudy Lopez to the new graduates. "Know that you present us [Airmen] well."

Chief Lopez and Col. Giovanni Tuck also thanked the supervisors who allow their Airmen to volunteer for the respected team.

New graduates and their units are are:

- Staff Sgt. Justin Daly (735 AMS)
- Senior Airman Becky Fair (15 MDS)
- Staff Sgt. Nathan Fishburne (735 AMS)
- Staff Sgt. Ryan Goff (561 NOS)
- Staff Sgt. Ednerson Joseph (15 AW/CP)
- Senior Airman Marcos Morales (15 CONS)
- Senior Airman Gary Owens (15 CES)
- Airman 1st Class Eldonta Osborne (324 IS)
- Airman 1st Class Tyrone Powell (324 IS)
- Senior Airman Brandon Rimmer (18 FSS/Security Forces)
- Senior Airman Waymon Rose (735 AMS)
- Airman 1st Class Bernadette Vamedoe (56 ACOMS)

The Tripler Army Medical Center Fisher House also received a \$100 donation from the Honor Guard. Ms. Theresa Johnson, Fisher House manager, accepted the gift from Senior Airman Armond Veazie, Honor Guard Lead Trainer, and Chief Lopez.



## Want to be an emcee at BayFest?

Submitted by 15th Services Squadron

MARINE CORPS BASE HAWAII, KANEOHE — Airmen with great personalities and talent for improvisation are welcome to compete to be an emcee at next month's BayFest. Compete with other servicemembers to win a spot as event emcee, hosting the BayFest Main Stage, Aug. 14-16 at Marine Corps Base Hawaii, Kaneohe Bay.

This competition is open to all active duty military, reservists and National Guardsmen stationed in Hawaii. Proof of active military service is required. To register, sign up online at

[www.bayfesthawaii.com](http://www.bayfesthawaii.com) by July 26, 2009.

The first 20 entrants will showcase their talents in the 2nd Annual Emcee Maniac Competition at Kahuna's Sports Bar & Grill on Thursday, July 30 at 5 p.m. in front of an audience and a panel of judges.

Participants will be judged on their personality, ability to work the crowd, and showmanship.

Due to the type of audience expected at BayFest, entrants are asked to keep content to a level that is suitable for all ages.

Three winners will be chosen and each will emcee one night on the BayFest Main Stage.

The prize package also includes a "meet and

greet" pass with the bands performing the same night and BayFest memorabilia.

BayFest 2009 is set for Aug. 14-16 at Marine Corps Base Hawaii and is open to the general public. The main attraction is the nightly concert series headlined by the Black Eyed Peas, Filter, Katchafire and Fiji.

Family fun includes local musical entertainers, E.K. Fernandez carnival rides and games, military displays, contests and nightly fireworks. Marine Corps Community Services organizes this annual event.

Visit [www.bayfesthawaii.com](http://www.bayfesthawaii.com) for more about the event, including a fitness competition.

WARRIOR  
of the week

by Chris Aguinaldo  
Hickam Kukini editor

HICKAM AIR FORCE BASE — Team Hickam salutes Airman 1st Class Heather L. Grigg of the 15 Logistics Readiness Squadron, who is our Warrior of the Week!

Airman Grigg has been in the service for a year, with the last eight months here at Hickam AFB. A native of Centerville, Va., she said she "always wanted to serve" her country.

"And after 9-11, I definitely wanted to serve," she shared.

"I've learned to be more flexible," she said of her time in the Air Force.

She is a Vehicle Operator/Dispatcher and recently returned from the successful Exercise Northern Edge, Alaska's



Photo by Chris Aguinaldo

**Airman 1st Class Heather L. Grigg, our Warrior of the Week, is described as one of the Logistic and Readiness Squadron's 'dedicated and hardest working Airmen' according to her commander.**

premier joint training exercise. More 9,000 participants from all the services — Airmen, Soldiers, Sailors, Marines and Coast Guardsmen — from active duty, reserve and national guard units were involved.

The experience at Elmendorf Air Force Base was overwhelmingly positive and she wouldn't mind being stationed there after Hawaii, she shared. "I enjoyed it."

But for now, she says she plans to enjoy the weather and her job here at Hickam — although she admits she'd like to see a light added at the Vickers and 1st Streets intersection. "It's too congested during morning and lunch traffic."

Capt. Huy T. Le, 15 LRS Commander called Airman Grigg "one our most dedicated and hardest working Airmen. Her work ethic is remarkable and she is completely focused on learning all areas within her career field and looks forward to deploying for convoy duty."

"She constantly volunteers her personal time to both the local community and Hickam AFB," Capt. Le continued. "Airman Grigg is a top LRS warrior every week!"

# Inside SERVICES

## New Social Hour offered at J.R. Rockers

Come to J.R. Rockers for the new Social Hour now being held Monday through Thursday from 5 to 6 p.m. Enjoy 50 percent off nachos, 25 cents off sodas and 50 cents off any bar drinks. For information, call 448-2271, Ext. 227.

## Ribs added to Ohana Backyard BBQ Menu at J.R. Rockers

Bring your family to J.R. Rockers every Monday night for our “Ohana Backyard BBQ” from 4:30-7:30 p.m. Let us cook for you out on the lanai. We’ll be serving up burgers, hot dogs, chicken and ribs hot off the grill. The accompaniments include corn on the cob, baked beans, tossed salad with assorted dressings and corn bread, all this for the small price of \$9.95 for adults, \$5.95 for children ages 5-12 and kids under 5 are free. For more information, call 448-2271.

## Ladies Club Championship held at Mamala Bay

The Mamala Bay Ladies Club championship will be played Saturday, and Sunday, July 25 and 26. This is a 36-hole Ladies Stroke Play Tournament with an entry fee of \$30 plus daily green fees. Entry deadline is Monday, July 20. For additional information, call the Pro Shop at 449-2304/2305.

## Check out hiking and snorkeling at Yokohama Beach

Outdoor Recreation takes you to the pristine beach of Yokohama for hiking and snorkeling on Saturday, July 25 from 9 a.m. to 3 p.m. The cost is \$35 per person and sign-up

deadline is July 22. Bring your snorkel gear or pick some up from our Equipment Rental office. Pack a lunch, bring sunscreen and water. For reservations, call Outdoor Recreation at 449-5215.

## Hickam Historical Tour provided on Wednesdays

Information, Tickets & Travel provides an exclusive Hickam Historical Tour every Wednesday from 9 a.m. to 2:30 p.m. The next tour is on July 22. Learn about the important role and sacrifice made at Hickam AFB during WWII. See the original buildings that were attacked, some still scarred by bullets and bombs. Pick up points are at the Hale Koa Hotel in Waikiki, the Hickam ITT Office and the Hickam Lodging Office. The cost is \$45 for Adults and \$35 for Children ages 3-11. Lunch is included at the Officers Club. Call ITT for reservations at 448-2295.

## Pre-school Storytime at Hickam Library

Hickam Library has pre-school storytime on Wednesday, July 22 from 9 a.m. to 10 a.m. The theme is “Colors.” Pre-schoolers can sing and do crafts. Call Hickam Library at 449-8299 for more information.

## ‘Women’s only’ surf lessons at Hickam Harbor

Ladies! This is your chance to learn how to surf by professional instructors from Outdoor Recreation on Sunday, July 26 from 9:30 a.m. to 12:30 p.m. at Outdoor Recreation. Let us make your surfing experience a pleasant, enjoyable and successful one by helping you select the right board size and give you personal

instructions on uncrowded waves. The cost is \$35 and the deadline to sign-up is July 23. Call Outdoor Recreation at 449-5215 for reservations.

## Green Eggs & Sam back at the Officers Club

Back by popular demand, “Green Eggs & Sam” will perform live and in person in the Officers Club Koa Lounge on Friday, July 24 from 6 to 10 p.m. For information, call 448-4608.

## Come early and stay late at the Enlisted Club

Come early and stay late for “Pau Hana Fridays” at the Enlisted Club. Start with 50 percent off on selected pupus from 4 to 6 p.m. Pupus are free for Club members during social hour. Afterwards, enjoy live music by Steppenstone on the J.R. Rocker’s Lanai, July 24, from 7 to 10 p.m. Stay late and jump on the dance floor from 10 p.m. to 2 a.m. with our DJ spinning the latest New Skool and Hip Hop tunes. For information, call 448-2271, Ext. 227.

## Ladies — check out a free golf clinic at Mamala Bay

This free clinic is an introduction to golf for ladies only on Friday, July 24 from 4 to 4:45 p.m. at Mamala Bay Golf Course. To sign-up, e-mail Thomas.stanfill@hickam.af.mil or call Mamala Bay Golf Course at 449-2300. The clinic is limited to the first 12 to register.

## ‘Book to the Future’ program concludes with awards

The Hickam Library’s “Get See SERVICES, B5

## AMERICAN BATTLEFIELD OF THE PAST HICKAM AIR FORCE BASE HISTORICAL TOUR



*An exclusive tour to relive the history of this most famous of American air force bases. Learn how this important place came to be on this island paradise and understand the important role that Hickam AFB played in World War II. See the original buildings where the airmen, nurses and officers lived on the day of the Pearl Harbor attack.*

## Tours every Wednesday



## Tour includes lunch at the historic Hickam Officers' Club.

### Pick up locations and times:

- Hale Koa Hotel - 9 a.m.
  - Hickam AFB ITT 9:30 a.m.
  - Hickam AFB Lodging 9:45 a.m.
- Return at 2:30 p.m.

Military ID required.

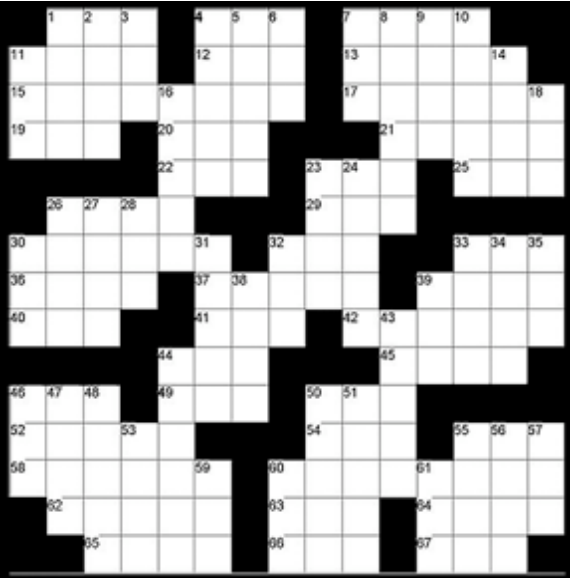
Call Hickam AFB ITT Office for reservations.

**(808) 448-2295**





Crossword Puzzle: ‘Fighting’ Words



by **Capt. Tony Wickman**  
USAFE Public Affairs

**ACROSS**

- 1. Commotion
- 4. \_\_\_\_-fi; movie genre
- 7. Fall
- 11. Dress in
- 12. Even score for Tiger
- 13. F-15
- 15. F-111
- 17. Extend or distribute over a region
- 19. Explosive combo
- 20. Fury
- 21. Nettle
- 22. Morning mist
- 23. In the past
- 25. X to Cicero
- 26. Foot covering
- 29. Auto
- 30. F-101
- 32. Author
- 33. Rob \_\_\_\_
- 36. Fashion mag
- 37. Medal of Honor recipient  
Capt. Harl \_\_\_\_ Jr.,  
USAAC
- 39. General’s assistant

- 40. Golf prop
- 41. Writer Fleming
- 42. F-16
- 44. USN O-1
- 45. Buck or doe
- 46. Health resort
- 49. F-84 Thunder\_\_\_\_
- 50. Took charge
- 52. F-86
- 54. Mining lode
- 55. Faint
- 58. 2004 Olympics site
- 60. F-104
- 62. Bombasts
- 63. USAF commissioning source
- 64. Sultanate of the southeast Arabian Peninsula
- 65. Plenty
- 66. John or Jane surname for the unknown
- 67. USAF O-10

**DOWN**

- 1. M\*A\*S\*H actor Alda
- 2. F-106 Delta \_\_\_\_
- 3. Weird
- 4. Flat fix

- 5. Hall of Fame baseball player Rod
- 6. Bother
- 7. \_\_\_\_ Moines
- 8. F-22
- 9. Shrek is one
- 10. Skirt feature
- 11. Feline
- 14. Mitigate, lighten, or lessen
- 16. TV picture
- 18. Lair
- 23. Pilots with 5+ aerial victories
- 24. Thief, swindler, crook, or rascal
- 26. Foot part
- 27. Aperture
- 28. Lyrical poem
- 30. American servicemember, after serving
- 31. Sound off
- 32. Cooking utensil
- 33. Starchy seeds or grain of an annual marsh grass
- 34. Scent
- 35. Desire
- 38. \_\_\_\_ of Eden
- 39. Pub order
- 43. Venomous snake
- 44. Punches out of an aircraft
- 46. USA E-6
- 47. Catherine \_\_\_\_; Henry VIII wife
- 48. Directly abreast the middle of a ship’s side
- 50. Gambling game
- 51. Expunge
- 53. Nevada town
- 55. FDR coin
- 56. Middle East country
- 57. \_\_\_\_ in Trees; ABC sitcom
- 59. Standard time in the fifth time zone west of Greenwich
- 60. Earth
- 61 To confuse or obscure

See **SOLUTIONS, B5**

**SUDOKU:** See ‘SUDOKU,’ B5 for solutions

7			1			4	3	
		5		9				6
		8	4					
								1
		2	5	4	3	7		
5								
					4	2		
6				7		3		
	5	9			2			7

**Team Hickam History**  
The Air Force’s most historic airfield

**July 17, 1899** — Commander Edward D. Taussig, USN, from the USS “Bennington” takes formal possession of Wake Island for the United States under the authority provided him from Washington DC.

**July 18, 1958** — Public Law #85-534 authorizes the Air Force to transfer 170.99 acres of land to the Territory of Hawaii for development of Honolulu Airport.

**July 21, 1967** — A contract for \$908,139 is awarded to MARS Constructors, Inc., to build two 200-person dormitories adjacent to the new 200-person dormitory completed in November 1965 on Hangar

Avenue at Hickam.

**July 22, 1962** — PACAF-BASECOM emergency personnel respond to provide support at the Honolulu International Airport when a Canadian Pacific Bristol Britannia turbo-prop airliner crashes and burns on the HickamAir Force Base end of Runway 8. Of 40 passengers and crew aboard, 27 lost their lives.



**July 23, 2001** — Brig. Gen. Steve Redmann (former 15 ABW commander) assumes command of the Joint Task Force — Full Accounting from Army Brig. Gen. Harry Axson, Jr.

### RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services , call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

<b>CATHOLIC</b> Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	<b>PROTESTANT</b> Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	<b>OTHER RELIGIOUS OPPORTUNITIES</b> Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050	(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m	King Hall First Floor Dayroom – Bldg. 1856. All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas, Video games, internet, movies and more Dinners every Tuesday at 6 p.m. To Volunteer, call the Hickam Chapel Center at 449-1754
<b>RELIGIOUS EDUCATION</b> (Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.			<b>THE GATHERING PLACE</b> Airmen’s Dorm Coffeehouse	

Jenny

www.jennyspouse.com

The Star Card

SO THIS WAS YOUR FIRST?

YES, AND IT WAS SO PAINFUL! I'D HEARD STORIES BUT I HAD NO IDEA!

OF COURSE, MY HUSBAND WAS NO HELP...JUST STOOD THERE WITH HIS MOUTH OPEN...

MINE CRIED. IT WAS A REAL "MOMENT".

SO - WHAT'D YOU HAVE? A GIRL OR A BOY?

SHE DIDN'T HAVE A BABY! SHE GOT HER FIRST STAR CARD BILL TODAY!

HEY, CONGRATULATIONS! PAINFUL, HUH?

WE'VE DECIDED THE NEXT ONE'S GOING TO BE "PLANNED".

by Julie Negron


AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Imagine That

Evan, a successful financial executive, has more time for his smartphone than his 7-year-old daughter Olivia. When he has a crisis of confidence and his career starts going down the drain, however, he finds the solution to all his problems in his daughter’s imaginary world.


*Starring: Eddie Murphy, Thomas Haden Church*  
*Rated PG (mild language, brief questionable behavior); 107 min.*  
*Tonight, 8:30 p.m.; Wednesday, 7 p.m.*



My Life in Ruins

Georgia attempts to recapture her *kefi* (Greek for mojo) by guiding a ragtag group of tourists around Greece and showing them the beauty of her native land. Along the way, she manages to open their eyes to the wonders of an exotic foreign land while beginning to see the world through a new set of eyes in the process.


*Starring: Nia Vardalos, Richard Dreyfuss.*  
*Rated PG-13 (sexual content); 96 min.*  
*Sunday, 4 p.m.*



The Hangover

Two days before his wedding, Doug and his three friends drive to Las Vegas for a blow-out bachelor party they’ll never forget. But, when they wake the next day, they can’t remember a thing — like how they got a baby.

*Starring: Bradley Cooper, Ed Helms*  
*Rated R (pervasive language, sexual content, nudity, drug material); 100 min.*  
*Saturday, 7 p.m.; Thursday, 7 p.m.*



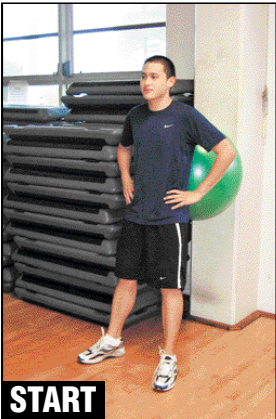


# FITNESSTIPS

**Exercise: Exercise: Fit-ball Squats**  
**Muscle group: Thighs, Buttocks and Core**

Begin by placing a fit-ball between the shoulder blades approximately halfway between the lower back and upper back. Maintain neutral alignment in the spine and place feet slightly wider than shoulders.

Place hands on the hips or folded across the chest. Begin squatting by keeping upper legs parallel to the ground, knees bent at approximately ninety-degrees at the bottom.



Repeat from the top and perform 12-15 repetition.(3 sets).

This exercise will help you maintain proper exercise form, hit targeted muscles and eliminate or reduce possible injury in the low back and knee area.

- Tips**
1. Engage Core muscles throughout the movement and breathe naturally.
  2. Do not allow the knees to go over the toes at the bottom of the exercise.



Model: Senior Airman Doddy Burhannudin  
Photos and instructions: Airman 1st Class Katrina Plank, Assistant Fitness Coordinator and Certified Personal Trainer

**SERVICES,** From B2



## HICKAM AFB SERVICES

Combat Support & Community Service

Astronomized” Summer Reading Program concludes on July 25. Participants must turn in their completed log books before the 25th. The awards program will be held Saturday, August 1 at the library from 9 to 10 a.m. Awards will be presented and refreshments served. For details, call the Library at 449-8299.

**Book sale at Hickam Library features bargains galore, supports programs**

The Hickam Friends of the Library are having a book sale on Saturday, July 25 from 8:30 to 2 p.m. at Hickam Library. Most hardcovers will be prices at \$1, paperbacks are 25 cents, all childrens’ books are 25 cents and magazines are 10 cents. Records, DVDs and CDs are \$1 each. VHS tapes are 3 for \$1. Proceeds from used book sales are given back to the library in the form of funding of books, materials, special projects and programs. Call the library at 449-8299 for more information.

**Sign up with ITT for glass bottom boat tour at Kaneohe Bay**

Information, Tickets & Travel invites you to bring the whole family to see the colorful reef life in Kaneohe Bay, on Saturday, July 25 from 9:30 a.m. to

12:30 p.m. This popular tour includes roundtrip bus transportation from the Hickam IIT office. The cost is \$15 for adults and \$10 for children 2-11 years. Call ITT at 448-2295 to make reservations. Drive-outs welcomed.

**‘Wizard of Oz’ playing for free at Hickam Memorial Theater, features local youth**

Missoula Children’s Theatre production of “The Wizard of Oz,” featuring a cast comprised of Hickam youth, is on Saturday, July 25 at 1 p.m. at the base theater. Admission is free. Doors open at 12:30 p.m. Call the Makai Recreation Center at 449-3354 for more information.

**Two for one steak night special extended hours at the Enlisted Club**

Get two sizzling Rib eye steaks cooked to order with two orders of fresh vegetables for the price of one! Steak Night Tuesdays, is from 4:30-8 p.m. at a cost of just \$17.95. For more information, call the E’ Club at 448-2271.

**Check out the new Arts & Crafts classes**

The Arts & Crafts Center 2009 Class schedule is available at [www.hickamservices.com](http://www.hickamservices.com). You will find an array of classes such as ceramics, pottery wheel, cake decorating, drawing and painting, photography, picture framing, jewelry, glasswork, hawaiian quilting, basket weaving and woodworking to name a few. For more information, call 448-9907.

**SOLUTIONS,** From B3

A	D	O	S	C	I	D	R	O	P										
C	L	A	D	P	A	R	E	A	G	L	E								
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T	N	T		I	R	E		T	E	A	S	E							
				D	E	W		A	G	O		T	E	N					
			S	H	O	E		C	A	R									
V	O	O	D	O		P	E	N		R	O	Y							
E	L	L	E		P	E	A	S	E		A	I	D	E					
T	E	E		I	A	N		F	A	L	C	O	N						
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S	P	A		J	E	T		L	E	D									
S	A	B	R	E				O	R	E		D	I	M					
G	R	E	E	C	E		S	T	A	R	F	I	R	E					
R	A	N	T	S			O	T	S		O	M	A	N					
							M	O	S	T		D	O	E		G	E	N	

**SUDOKU,** From B3

7	9	6	1	8	5	4	3	2
3	4	5	2	9	7	1	8	6
2	1	8	4	3	6	9	7	5
9	3	4	7	6	8	5	2	1
1	6	2	5	4	3	7	9	8
5	8	7	9	2	1	6	4	3
8	7	3	6	5	4	2	1	9
6	2	1	8	7	9	3	5	4
4	5	9	3	1	2	8	6	7